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Confirmed Mumps Case Identified at Framingham State University

Framingham, MA - Framingham State University and the Framingham Health Department would like to alert faculty, staff, students, and their families, that a case of mumps has been confirmed at FSU. University and local health officials are working together to identify those who had close contact with the case while the case was infectious. Fortunately, the vast majority of FSU students have had two doses of MMR vaccine, which is estimated to be 88% protective against mumps infection. Those students, faculty and staff who do not have documentation of two doses of MMR vaccine, or results of a blood test showing presumptive evidence of immunity to mumps, should get a dose of MMR vaccine as soon as possible.

What is mumps?

Mumps is a viral illness that is generally mild; the main symptoms are swelling and pain of the saliva glands, located over the hinge of the jaw. Some people also have fever, fatigue and headache. Symptoms usually last 3-4 days and people can be contagious for up to 5 days after onset of swelling. Mumps is spread by respiratory droplets to others who are in close contact (3-6 feet) of someone infectious with mumps. Close contact is required for mumps to spread. Prolonged face to face conversations, sharing of drinks, food and cigarettes, kissing, and sharing of lip balm, lipstick or similar items, are examples of how mumps may be transmitted. Unfortunately, a small percentage of mumps cases may be asymptomatic or may have cold symptoms only, allowing the spread of mumps from those with very mild illness. Mumps can spread quickly in the kinds of university settings where close face-to-face contact takes place, including bars and parties. Since the start of 2016, a number of colleges and universities in the New England area have reported cases, including several in greater Boston. This is consistent with a large increase in the number of mumps cases reported nationally this year.

Am I protected against mumps?

All Framingham State University students are required to have two immunizations against mumps prior to entry; however, protection with two doses is estimated at 88%, and the protection from mumps vaccine may decrease over time and vaccinated people can still develop mumps. People who have never been immunized can have more severe symptoms. Because of the recent confirmed case, those students, faculty and staff who do not have documentation of two doses of MMR vaccine, or results of a blood test showing presumptive evidence of immunity to mumps, should get a dose of MMR vaccine as soon as possible. Those born in the US prior to 1957, if not healthcare workers, are considered immune to mumps.

What should I do if I develop symptoms?

Students developing swelling and pain of the side of the cheeks or over the jaw should report to the Health Services for evaluation, and should immediately limit public activities. Faculty and staff developing symptoms should contact their own healthcare providers, as well as the Framingham Health Department. Students with suspected mumps will be placed in isolation for 5 full days. If you have not been immunized against mumps and would like to help protect yourself, we can provide the vaccine to students at Health Services.

If you have a weakened immune system or are pregnant, please contact your primary care provider to see if there are any special precautions you should take. As with so many other illnesses, good respiratory hygiene, frequent hand washing or use of hand sanitizer, and covering coughs and sneezes can help keep you healthy. A recorded message with resource information for those who suspect they may have been exposed is on the Framingham Hotline 508-532-5478. If you have questions, please call the Framingham Board of Health at 508-532-5472 or the State Department of Public Health at 617-983-6800.

For more information on Mumps:

- [Massachusetts Public Health Fact Sheet - Mumps](#)
- [Massachusetts Public Health Fact Sheet – Mumps - Chinese \(Traditional\) 腮腺炎](#)
- [Massachusetts Public Health Fact Sheet – Mumps - Haitian Creole - Malmouton](#)
- [Massachusetts Public Health Fact Sheet – Mumps – Portuguese - Caxumba \(Papeira\)](#)
- [Massachusetts Public Health Fact Sheet – Mumps - Spanish - Paperas](#)
- [Massachusetts Public Health Fact Sheet - Vietnamese - Quai bò](#)

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